

Alaska Women Take Heart

Women...

Know heart attack warning signs...

Reported most often by women:

- *Overwhelming* or unexplained fatigue.
- Shortness of breath and difficulty breathing.
- Stomach or abdominal pain or indigestion.
- Unexplained feelings of anxiety or weakness—especially with exertion.

Reported by both men and women:

- Discomfort, fullness, tightness, squeezing, or pressure in the center of chest that lasts for more than a few minutes or goes away and comes back.
- Pressure or pain that spreads to upper back, shoulders, neck, jaw, or arms.
- Dizziness or nausea.
- Clammy sweats, heart flutters, or paleness.

Take Action...

If you are having heart attack warning signs...

- **Call 911** or the emergency number in your area for an ambulance. If you live in a rural area far from the clinic, have someone drive you to meet the ambulance en route. Tell the medical staff that you are having heart attack symptoms.
- Chew and swallow with water one regular full-strength aspirin as soon as possible to prevent blood clotting.
- Insist that the medical staff takes your complaints seriously, does not make you wait, and gives you a thorough cardiac evaluation including an electrocardiogram (EKG) and a blood test to check your cardiac enzymes.

For more information, contact the **American Heart Association** • 907-263-2044 • www.americanheart.org

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